

**Galway Indoor Track & Field Championships 2014**  
**Athlone International Arena Saturday 18th Jan 2014 @ 9.30am**

**PLEASE NOTE, THE TIMES BELOW ARE PROVIDED AS GUIDELINES ONLY TO ALLOW  
 ATHLETES AND COACHES TO ESTIMATE THEIR EVENT START TIMES.**

*The order of events will remain as per below but all start times are provisional and subject to change.*

*They will be brought forward if the day runs smoothly so please arrive at least an hour before your event is due to start.*

*If running behind schedule, athletes can use the information below to estimate the revised start time as the order of events will be adhered to.*

Time	Inner Track	Entries	# Heats	Duration	Time	Outer Track	Entries	# Heats	Duration	Time	Long Jump	# Entries	Duration
09:30	Senior Men Hurdles	4	1	5	09:30	U13 Girls 4x100m	11	2	8	09:45	U13 Girls Long Jump (3.00m)	21	3
09:35	Senior Women Hurdles	3	1	5	09:46	U13 Boys 4x100m	7	2	8	10:48	U14 Girls Long Jump (3.50m)	17	3
09:40	U17 Boys Hurdles (2' 9", yellow)	1	1	5	10:02	U14 Girls 4x200m	8	2	8	11:39	U15 Girls Long Jump	21	3
09:40	U15 Boys Hurdles (2' 9", black)	6	1	5	10:18	U14 Boys 4x200m	4	1	8	12:42	U17 Girls Long Jump	9	3
09:45	U17 Girls Hurdles (2' 6", black)	3	1	5	10:26	U15 Girls 4x200m	8	2	8	13:09	Senior Women Long Jump	8	3
09:50	U15 Girls Hurdles (2' 6", black)	11	2	5	10:42	U15 Boys 4x200m	5	1	8	13:33	U10 Girls Long Jump (2.55m)	30	3
10:00	U14 Boys Hurdles (2' 6", orange)	8	1	5	10:50	U17 Girls 4x200m	4	1	8	15:03	U11 Girls Long Jump (2.65m)	13	3
10:05	U14 Girls Hurdles (2' 3", orange)	12	2	5	10:58	U17 Boys 4x200m	4	1	8	15:42	U12 Girls Long Jump (2.75m)	32	3
10:15	U13 Girls Hurdles (2' 3", green)	18	3	5	11:06	Senior Women 4x200m	4	1	8	17:18	Girls long jump finished		
10:30	U13 Boys Hurdles (2' 3", green)	17	3	5	11:14	Senior Men 4x200m	6	1	8				
10:45	Clear away hurdles		1	10	11:22	Senior Women 3000m	8	1	15	09:45	U13 Boys Long Jump (3.10m)	16	3
10:55	U13 Girls 60m	33	5	3	11:37	Senior Men 3000m	12	1	15	10:33	U14 Boys Long Jump (4.00m)	13	3
11:10	U13 Boys 60m	31	4	3	11:52	All Ages 1000m Walk	3	1	8	11:12	U15 Boys Long Jump	12	3
11:22	U14 Girls 60m	21	3	3	12:00	U13 Girls 600m	23	2	5	11:48	U17 Boys Long Jump	9	3
11:31	U14 Boys 60m	17	3	3	12:10	U13 Boys 600m	23	2	5	12:15	Senior Men Long Jump	11	3
11:40	U15 Girls 60m	24	3	3	12:20	U14 Girls 800m	15	2	5	12:48	U10 Boys Long Jump (2.55m)	21	3
11:49	U15 Boys 60m	8	1	3	12:30	U14 Boys 800m	17	2	5	13:51	U11 Boys Long Jump (2.65m)	23	3
11:52	U17 Girls 60m	10	2	3	12:40	U15 Girls 800m	9	1	5	15:00	U12 Boys Long Jump (2.90m)	23	3
11:58	U17 Boys 60m	13	2	3	12:45	U15 Boys 800m	13	2	5	16:09	Boys long jump finished		
12:04	Senior Women 60m	9	2	3	12:55	U17 Girls 800m	9	1	5				
12:10	Senior Men 60m	17	3	3	13:00	U17 Boys 800m	11	1	5				
12:19	U10 Girls 60m	47	6	3	13:05	U10 Girls 400m	31	3	5	09:45	Senior Women Shot Putt (4kg)	4	3
12:37	U10 Boys 60m	28	4	3	13:20	U10 Boys 400m	26	3	5	09:45	Senior Men Shot Putt (5kg)	0	3
12:49	U11 Girls 60m	33	5	3	13:35	U11 Girls 600m	33	3	5	09:45	U17 Girls Shot Putt (3kg)	3	3
13:04	U11 Boys 60m	43	6	3	13:50	U11 Boys 600m	40	4	5	09:45	U17 Boys Shot Putt (4kg)	3	3
13:22	U12 Girls 60m	43	6	3	14:10	U12 Girls 600m	35	3	5	10:15	U15 Girls Shot Putt (2.72kg)	16	3
13:40	U12 Boys 60m	31	4	3	14:25	U12 Boys 600m	23	2	5	11:03	U15 Boys Shot Putt (3.25kg)	3	3
13:52	Inner track finished				14:35	Senior Women 800m	10	1	5	11:03	U14 Boys Shot Putt (2.72kg)	3	3
					14:40	Senior Men 800m	16	2	5	11:21	U14 Girls Shot Putt (2kg)	12	3
					14:50	U17 Girls 200m	11	2	3	11:57	U13 Girls Shot Putt (2kg)	11	3
					14:56	U17 Boys 200m	16	3	3	12:30	U13 Boys Shot Putt (2kg)	7	3
					15:05	Senior Women 200m	13	3	3	12:51	U12 Girls Shot Putt (2kg)	8	3
					15:14	Senior Men 200m	24	4	3	13:15	U12 Boys Shot Putt (2kg)	15	3
					15:51	U10 Girls 4x100m	11	2	8	14:00	Shot putt finished		
					16:07	U10 Boys 4x100m	7	2	8	09:30	U14 Girls High Jump	3	
					16:23	U11 Girls 4x100m	10	2	8	09:30	U14 Boys High Jump	3	
					16:39	U11 Boys 4x100m	12	2	8	10:10	U15 Girls High Jump	3	
					16:55	U12 Girls 4x100m	9	2	8	10:10	U15 Boys High Jump	3	
					17:11	U12 Boys 4x100m	8	2	8	10:50	U13 Girls High Jump	4	
					17:27	Outer track finished				11:30	U17 Girls High Jump	4	
										11:30	Senior Women High Jump	5	
										12:30	U17 Boys High Jump	4	
										12:30	Senior Men High Jump	1	
										13:00	U12 Girls High Jump	5	
										13:00	U12 Boys High Jump	2	
										13:30	High jump finished		

Event Director: Brendan Treacy 087 2487720  
 Competition Secretaries: Michael Tobin 087 6591879  
 Marion McEvilly 087 9390366  
 Track & Field Referee: James Lundon 085 1436727

**NOTE CAREFULLY**

Only competing athletes allowed in the warm-up area. No coaches or relay practise allowed in the warm-up area.

Only competing athletes and officials allowed on the track.

Coaches will be briefly allowed in to help athletes get marks prior to long jump or high jump.

Please remain seated as much as possible.

Please adhere to above so that the day runs smoothly.

There will be spot checks on spikes length in assembly - only 5mm spikes allowed.

**AIT CANTEEN**

Opening times 9.15-4pm

BREAKFAST AVAILABLE 9.30am - 11.30am

LUNCH AVAILABLE 12pm-3pm

3pm-4pm tea/coffee/snacks/minerals, etc...